

Sports pg 13

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Metro and Foursquare join forces

MEDIA Metro announced a partnership yesterday with Foursquare, one of the newest and fastest growing social networks.

Under the agreement, Canada's No. 1 free daily will add its location-specific editorial content to Foursquare. People who follow Metro on Foursquare will receive alerts when they're close to one of those locations.

To promote this partnership, Metro is running a contest over the next four weeks to win one of five iPhone 3GS units. Foursquare players who check in where they pick up Metro will unlock a special badge and be automatically entered to win.

METRO HALIFAX

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Hockey injuries give Yzerman anxious moments, page 14

On the web
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2010 Halfpipe

Dartmouth's Sarah Conrad, bottom right, was named to the Canadian Olympic snowboarding team yesterday, joining Cole Harbour's Sidney Crosby as the only Nova Scotians to earn a spot in Vancouver. Conrad is pictured with the rest of the six-member Canadian Olympic snowboarding halfpipe team. More coverage, page 13

One hefty province

New report shows Nova Scotians are in very bad shape

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Disappointing numbers

- Heart health behaviour in Nova Scotia by the numbers (according to the Heart and Stroke Foundation):
- 52.4 per cent of Nova Scotians are not getting enough exercise to maintain their health
- 61.6 per cent are not at a healthy weight
- 64.2 per cent are not eating the recommended number of fruits and vegetables each day

Canada is on the edge of a "perfect storm" when it comes to heart disease, and the country's leading cardiovascular health organization says Nova Scotians aren't doing a good job of battening down the hatches.

In its Annual Report on Canadians' Health released yesterday, the Heart and Stroke Foundation says fewer than half of all adults in the province are maintaining a healthy weight, getting regular physical activity, or eating enough fruits and veggies.

In overall health behaviour, Nova Scotia ranked a dismal ninth out of 13 provinces and territories.

"It's not a surprise to me," said Dr. Michael Love, a cardiologist at the Queen Elizabeth II Health Sciences Centre in Halifax. "We're seeing people in their 20s and 30s with heart attacks now, commonly. Even in the 10 years that I've been in practice, I've seen a change ... especially in young females."

On a national level, the foundation's report paints

a bleak picture of the next few decades — predicting heart disease will begin plaguing Canadians both young and old in every part of the country. Along with increases in obesity and high blood pressure among young adults, and a "full-blown cardiovascular crisis" among Canada's aboriginal populations, the aging baby boomer generation is now experiencing a decline in heart

health, it says.

For the Atlantic provinces, which have the oldest populations in the country, it all amounts to a ticking time bomb, Love said.

"Unless something changes, the burden of heart disease and stroke is going to outstrip our ability to pay for it," he said. "The financial implications are absolutely massive."

According to Love, the province could lessen that burden by implementing new initiatives to educate the public about proper diet and the importance of exercise. But, ultimately, he said, you can't force people to change their habits.

"People have to take responsibility for their own health. That's it."

Province, feds take look at protecting Sable Island

ENVIRONMENT The federal and provincial governments are moving to provide permanent protection for Sable Island, an ecologically sensitive spit of land about 290 kilometres southeast of Halifax in the Atlantic Ocean.

Studies are underway to determine just what form that should take, federal Environment Minister Jim Prentice announced yesterday in Halifax as he signed a memo-

randum of understanding with the province.

"Fundamentally, this is a public choice about whether we proceed with a national park designation or wildlife habitat designation," Prentice said.

"It's really a question of the degree of protection and the highest protection is offered by Canada's National Parks Act."

Known as the graveyard of the Atlantic, the island is home to about 400 wild horses whose ancestry traces back to some of the 223 ships known to have wrecked off the island.

It is also home to several species of migratory birds, holds the world's largest concentration of grey seals and is a focal point for natural gas exploration and production.

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Visitors

- Natural Resources Minister John MacDonell said anyone currently seeking to visit the island needs special permission and said a parks designation could mean more traffic.

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Local



Barenaked Ladies tickets available

The Barenaked Ladies are returning to perform at the Halifax Metro Centre on April 24 at 8 p.m. The Ladies, now a four-member band after Steven Page left the group last February, is embarking on a cross-Canada tour that will see Halifax's Joel Plaskett as the opener. Tickets for the Barenaked Ladies, who are releasing a new album titled *All In Good Time* on March 23, are \$57.50, plus service charges. They go on sale Saturday at 9 a.m. and are available through Ticket Atlantic. METRO HALIFAX

Police probe possibility of serial arsonist

PHILIP CROUCHER
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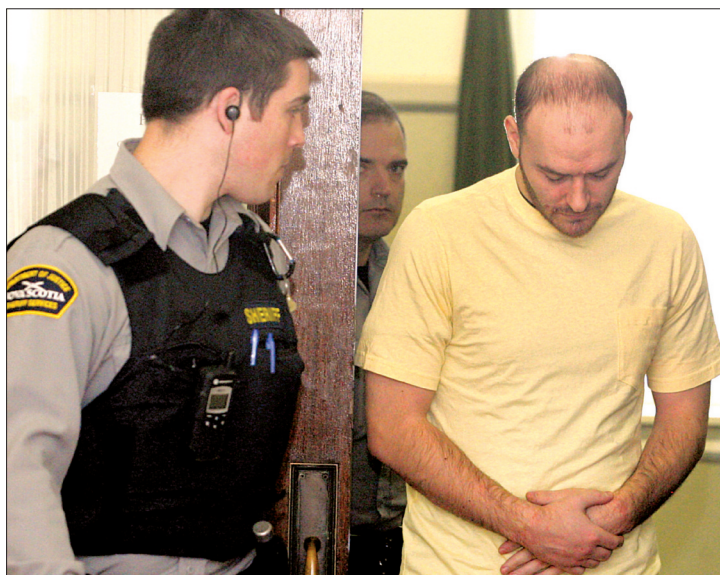
INVESTIGATION Halifax Regional Police are trying to determine if they have a serial arsonist on the loose in northend Halifax.

Police say two deliberate fires were set in the 6,000 block of North Street in Halifax overnight Friday, bringing the total number of incidents like this to five in the area since Dec. 11.

"We're not sure if these buildings are randomly selected or somebody is targeting them specifically for some reason," said police spokesman Const. Brian Palmeter, adding they have all been set at residential locations.

In the two most recent incidents, police say they were first called to the 6,300 block of North Street at 10:55 p.m. after a small fire was discovered under the deck of a residence. Police say about an hour later, they were called to the 6,200 block of North Street after a fire was discovered in the stairwell of an apartment building.

Police say investigators have determined both fires were deliberately set. There were no injuries and damage was minor.



Jimmy Melvin Jr. is escorted from a courtroom at Halifax provincial court yesterday. Melvin was arrested at Casino Nova Scotia after a fight early Sunday morning. He was in court for causing a disturbance and breach of bail conditions.

Melvin Jr. arrested

Police called after reported assault at casino

PAUL MCLEOD
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Jimmy Melvin Jr. was arrested again this weekend after being released from jail about two weeks ago.

Halifax Regional Police were called at 3:30 a.m. Sunday to a reported assault at the Halifax Casino. The people involved had already left but after security footage was reviewed, Melvin, 27, was arrested.

HRP spokesman Const. Brian Palmeter said the other party didn't want to press assault charges but police did charge Melvin with causing a disturbance in a public place and breach of conditions.

Melvin was arraigned yesterday in Halifax provincial court and was released on \$1,500 bail to his Fall River home. He was ordered to stay away

from the casino, firearms and alcohol in a public place.

A subdued Melvin seemed to be in pain during his brief court appearance. He frequently clutched his side, where he has a colostomy bag as a result of being shot.

"He still suffers from some medical issues that are being dealt with over time, that's the best I can tell you," his lawyer Josh Arnold said outside of court.

Melvin had just been released after being handed a three-month sentence.

In September, Melvin was a passenger in a car pulled over by police that allegedly contained drugs and a weapon. He pleaded guilty in November to being in a motor vehicle in commission of a crime as well as breaching conditions. Drug and weapons charges were dropped.

Melvin still has a long, winding road of legal proceedings in front of him. Earlier yesterday morning, Arnold was in Halifax Supreme Court representing Melvin on two break-and-enter charges, as well as conspiracy to commit break and enter. They will reconvene Feb. 25 to set a trial date.

Melvin has another trial scheduled in October for mischief and setting fire to a substance due to an incident in jail. Arson charges related to that event have been thrown out by the crown.

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Warning issued after thefts at yacht clubs

CRIME Police are putting out a warning to boat owners after a spree of robberies at local yacht clubs.

There have been over 30 reports of boats being broken into in the last three months, according to Halifax Regional Police. Most have taken place at the Armadale Yacht Club and the Royal Nova Scotia Yacht Squadron, though one was reported at the Bedford Yacht Club.

Police fear the actual number may be higher since some people only check their boats sporadically during the winter and might not yet know they were robbed.

"Often times there's not a lot of activity around these locations," said spokesman Const. Brian Palmeter.

Thefts have involved items ranging from electronics to nautical supplies

"This is a bit of a higher spike (in robberies) than I ever recall seeing."

Const. Brian Palmeter, Halifax police

to alcohol. Police are urging people to remove valuables from boats when not in use, make regular checks of their boats and report any thefts or suspicious activity to police.

Palmeter said this is one of the two busiest times of the year for thieves who target boats.

"This is a bit of a higher spike than I ever recall seeing," he said.

"But typically what we also get in the spring is we'll get a bit of a spike once the boats are out at the moorings."

PAUL MCLEOD/METRO HALIFAX

News in brief

SAFE STOLEN Halifax RCMP say several people pried open the door and stole a small safe inside an Irving gas station in Ship Harbour yesterday morning. Police say the suspects then loaded the safe onto a yellow ATV, and are believed to have headed west on Highway No. 7.

ARREST Halifax Regional Police have made a second arrest in relation to a robbery last month in Halifax. Julian Coelho, 18, of Halifax is facing a charge of robbery after police allege a 23-year-old man walking in the 1,600 block of Larch Street was

assaulted and robbed by three men, who hit him in the head and stole his wallet, iPod and cellphone. Police are still seeking a third person in connection with the incident.

FIREARM Halifax Regional Police say a 16-year-old youth is facing various weapons-related offences after a search of a Dartmouth home on Friday night. Police say two people were arrested without incident and a search of the residence found a firearm, which was seized.

METRO HALIFAX

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Video PETA claims credit for delivering a pie to the face of Canada's fisheries minister during Ontario speech at metronews.ca/canada

Video Stephen Harper and Hillary Clinton lead a push for accountability on Haiti relief funds at metronews.ca/canada



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Man charged after 2nd assault at bar in a week

CRIME Police have charged a 20-year-old man with assault after a fight took place inside a Halifax bar early Saturday morning.

Officers responded to Cheers Bar and Grill on Grafton Street around 3:30 a.m., and found a 19-year-old man suffering from non-life-threatening in-

juries, said police spokesman Brian Palmeter. Police believe he may have been attacked with a beer bottle.

The victim was transported to hospital for treatment.

The assault was the second reported by police at Cheers in the past week.

Last Thursday, police say a man pushed another man out the door of the bar, with the 22-year-old victim striking his head on the ground.

Jonathan Lawrence Briggs, 25, is charged with aggravated assault in relation to the incident.

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Three more CUPE school board worker groups have voted overwhelmingly in favour of its new contract with the province. The five-year deal, which includes a 2.9 per cent wage increase in the first three years, received over 90 per cent support from boards at Tri-County, Cape Breton-Victoria and Strait. **METRO HALIFAX**

Boards back deal

Mountie's body arrives home

Hundreds honour Sgt. Mark Gallagher as his remains return to N.B.

The wife of a former Nova Scotia Mountie killed in the earthquake in Haiti was presented with a UN flag when her husband's remains arrived back in his home province of New Brunswick yesterday.

Under an overcast sky, a small RCMP aircraft carrying the body of Sgt. Mark Gallagher touched down at the airport in Moncton, where his family and many others were waiting.

About 200 police offi-

cers, along with local politicians, took part in a brief ceremony at a Transport Canada hangar.

Mark Gallagher, 50, a well-known spokesman for the RCMP in the in both Nova Scotia and New Brunswick, was in Port-au-Prince as part of a UN training force when the 7.0-magnitude quake struck on Jan. 12.

His body was found two days later in the rubble of his collapsed apartment.

"Mark, our hero, is back home in New Brunswick," Lisa Gallagher, his wife, said to reporters.

In the last week, she said, many people have come forward to tell her stories about her husband, virtually all of them describing a kind man with a knack for helping others.

"The hundreds of people who have signed condolence books either in person or online are truly appreciated," she said.

"It may be a little while before we are able to read them, but we look for-

RCMP service

• After the ceremony, a motorcade carrying Sgt. Mark Gallagher's body travelled to

Woodstock, N.B., for an RCMP regimental funeral on Thursday.

ward to the day that we can sit down as a family ... and read all the wonderful things people remember about Mark."

For Cpl. Christine Briand, the chance to present the UN flag was an important and emotional task.

Briand was serving with Gallagher, a Bathurst,

N.B., native, in Haiti and was in Port-au-Prince when the earthquake struck two weeks ago.

"Seeing a place like this crumble in split seconds is something I hope nobody gets to witness," she said.

She described the ensuing search for survivors as "horrible."

THE CANADIAN PRESS

More unescorted prison leaves for murder convict

PAROLE BOARD A man convicted in the McDonald's murders will receive more unescorted leaves from prison.

The Cape Breton Post received a copy yesterday of the National Parole Board's Jan. 18 written decision regarding Darren Muise, 36.

In August, the board approved the first unescorted absence program for Muise. He was granted a leave of 24 hours in the first month and 48 hours in the second month.

The latest decision allows for two 48-hour absences for personal development within the next 60 days, to be spent at his girlfriend's home, the same program approved for him in December.

The decision states Muise's risk to society is low and the absences will help his personal develop-

ment and reintegration into society.

Muise received a life sentence with no possibility of parole for 20 years for the second-degree murder of Neil Burroughs Jr., in the botched robbery in the early morning hours of May 7, 1992 at a Sydney River McDonald's restaurant. Also killed that night were James Fagan, 27, and Donna Warren, 22.

Freeman MacNeil and Derek Wood were convicted of first-degree murder in the killings. Muise could receive full parole in May 2012. Wood and MacNeil can apply for unescorted temporary absences and day parole in 2014. They can be granted full parole in 2017.

CAPE BRETON POST

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Defence Minister Peter MacKay announces funding for seven research and development projects in Nova Scotia through ACOA's Atlantic Innovation Fund yesterday at the IWK Health Centre.

Feds pump \$16.7M into research

MONIQUE MUISE
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FUNDING A Christmas tree that doesn't shed needles all over your freshly vacuumed carpet?

It's every homeowner's dream, and according to researchers at Nova Scotia Agricultural College, that dream could become a reality within just a few years.

The quest for the needle-retaining "super tree" was just one of seven innovative projects that received a substantial financial boost from the federal government's Atlantic Innovation Fund (AIF) yesterday in Halifax.

A total of \$16.7 million was doled out to support ongoing Nova Scotian research in everything from biofuel to brain repair — funding that the government says will allow teams to speed up their work and purchase much-needed

equipment. The Christmas tree project received \$2.4 million, to be spread over five years.

"This gives us the chance to take one of the best trees in the world, and make it better," said Matthew Wright, executive director of the Christmas Tree Council of Nova Scotia.

"Here in Atlantic Canada, we have some of the longest needle retention in the world. It's just a matter of isolating it, proving it, and then marketing it."

Nova Scotia's Christmas tree industry currently pulls in nearly \$72 million annually, with thousands of balsam firs shipped out of the province each November to the rest of Canada, the U.S., South America, and even Japan. Wright said he's confident

those profits will increase dramatically with the introduction of stronger, longer-lasting trees.

Defence Minister Peter MacKay, who was on hand for yesterday's announcement, praised all of the researchers for their "ground-breaking" work.

"Innovation is critical to the economic growth and long-term prosperity of the Atlantic region," MacKay said. "We are investing in realistic and achievable projects."

This is the seventh round of investments made through the AIF, which was created in 2001 to help bolster projects being conducted by universities, research institutions and private sector businesses in the Atlantic provinces.

Police probe knife-point robberies

CRIME Halifax police are investigating two knife-point robberies on Sunday night.

Halifax RCMP say a 26-year-old man was robbed by two suspects behind Leslie Thomas Junior High School in Lower Sackville and received a knife wound to his face that required stitches.

Police say the victim was on the pathway when two males approached him — one holding a knife and the other a can of bear spray.

The suspects robbed the victim of cash and jewelry. He received a facial wound when police say the man holding the knife put it up against the victim's cheek.

Police say the victim made his way to a friend's house and was taken to hospital.

Also Sunday night, Halifax Regional Police say a man threatened a pizza delivery driver with a knife at the 100 block of Jarvis Lane in Halifax at 7:45 p.m. The suspect demanded money, but police say was scared off when a vehicle pulled into the parking lot nearby.

The suspect then sprayed what police believe was mace into the driver's face, grabbed the food he was delivering and fled the scene.

Police describe the suspect as a slim black man, five-foot-10, wearing all black baggy clothes.

PHILIP CROUCHER/METRO HALIFAX

One still in hospital after bus crash

ACCIDENT Only one person remains in hospital after an intercity carrying six people broke through a bridge guardrail and crashed into a river in northeastern Nova Scotia on the weekend.

The bizarre crash near Monastery, Antigonish Co., happened Saturday night as the Acadia Lines coach travelled west on the Trans-Canada Highway through blowing snow.

The bus fell almost eight metres to the ice-choked Tracadie River, where it tipped on its side and was partially submerged.

Five of the six people aboard — including the driver — were taken to hospital.

The bus driver, who was involved in an eerily similar accident last year, suffered serious injuries.

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Pope calls for Christian unity

Pope Benedict XVI says the world is marked by religious indifference and a "growing aversion" to Christianity. The pontiff also is urging Christians to overcome their differences through dialogue so that they can unite their efforts to influence debates in society on ethical issues such as abortion and euthanasia. **THE ASSOCIATED PRESS**

5

Canada/World

Haiti cash must be well spent: PM

Montreal hosts rebuilding conference

Haiti Crisis

Canada and the United States affirmed yesterday that aid money flowing to Haiti should be carefully tracked so it's not squandered or stolen.

Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton emphasized the importance of accountability in the roadmap that will come from Montreal's international talks on Haiti's reconstruction.

"We bear a responsibility to our taxpayers to ensure that the money that our governments commit will be well spent, transparently, and with results on the ground for the Haitian people," Clinton told Harper after their meeting.

"That is also true for all of the private donations that will be joined with government funds."

Added Harper: "A big part of this is working through credible international organizations that are capable of co-ordinating donors, and also capable of tracking money."

Foreign Affairs Minister Lawrence Cannon hosted the one-day conference on rebuilding Haiti after a Jan. 12 earthquake flattened



Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton chat prior to a conference on Haiti yesterday in Montreal.

much of the country. He also attended the Clinton meeting.

International banking institutions, including the World Bank and the International Monetary Fund, were monitoring the talks involving more than a dozen foreign ministers to ensure accountability of future financial promises to the quake-stricken country.

Non-governmental organizations that were invited to one session of yesterday's talks said the bankers were tightlipped about their specific plans.

Harper told the gathering that it would likely take a decade to rebuild Haiti.

He stressed that the money pledged by the international community should be spent properly.

"It is not an exaggeration to say that 10 years of hard work, at least, awaits the world in Haiti," Harper said after participants observed a minute's silence for quake victims.

"We must ensure that every resource committed — every relief worker, every vehicle, every dollar — is used as effectively as possible," Harper said. "We need to focus on effectiveness. The Haitian people deserve that. Our own taxpayers expect it."

THE CANADIAN PRESS

Where do they go now?

The collapse of much of Haiti's capital has a large part of the nation struggling just to find a place to sleep.

As many as one million people — one person in nine across the entire country — need to find new shelter, the United Nations estimates, and there are too few tents, let alone safe buildings, to put them in.

That leaves about 700,000 other people living on the streets around Port-au-Prince under whatever they can salvage. In the case of Jean Anthony's family, that's a blue plastic tarpaulin for a ceiling and a faded pink sheet with a floral print border for two walls.

"I'm not sure what you'd call it, but it's much more than terrible," said Anthony, the 60-year-old owner of a collapsed restaurant. Thousands of people were camped around him yesterday

day across from the collapsed National Palace, amid piles of trash and the stench of human waste.

"We live like dogs," said Espiegle Amilcar, an unemployed 34-year-old who has been staying under a sheet of plastic nearby. Aid organizations say they are collecting tents, but few so far are in evidence. And the International Organization for Migration, an intergovernmental agency, says it could take experts weeks to search out suitable sites for enough tent cities to hold earthquake refugees.

Haiti's government wants many of the homeless to leave the capital city of two million people, to look for better shelter with relatives or others elsewhere.

Urgent meeting

• The UN says its top human rights body will hold an urgent meeting tomorrow on Haiti. The special session of the Human Rights Council was requested by Brazil.

An estimated 50,000 to 100,000 people have returned to the region around the coastal city of Gonaïves in northern Haiti, a city abandoned by many after two floods in six years.

"Living in Port-au-Prince is a problem. Going to Gonaïves is another problem," said Maire Delphin Alceus. "Everywhere you go is a problem. If I could, I would have left this country and been somewhere else by now."

"But I have no way to do that." **THE ASSOCIATED PRESS**

Venezuela Fighting censorship



A woman argues with riot police during a protest in Caracas yesterday. Police fired tear gas and plastic bullets to disperse students protesting after President Hugo Chavez's government forced a critical TV channel off cable television.

News in brief

HOUSING The parents of a champion U.S. Olympic bobsledder were scammed out of \$8,000 while trying to rent a duplex in Whistler to watch their son compete. Ben Mesler said that in addition to losing the money he's struggling to find another place to stay for him and nine friends and relatives.

GREG DOWNS/FOR METRO CANADA

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As a sense of normalcy sets on Kandahar, some are fearful more Canadian troops will mean more violence. Scan this code for the story.

Inuit kids face more health issues: Study

ARCTIC Inuit infants die at well over three times the rate of other Canadian babies, according to a massive new study published yesterday in the Canadian Medical Association Journal.

And as if to underscore the tough situation facing aboriginal children in Canada's North, a second study in the same journal found that 70 per cent of Inuit preschoolers live in homes where there isn't always enough food.

"Inuit children in Nunavut are faced with

health challenges that are more severe than those in Southern Canada due to the socio-economic conditions facing the entire territory," said Dr. Isaac Sobol, the territory's chief public officer of health.

To study the Inuit infant mortality rate, University of Montreal researcher Dr. Zhong-Cheng Luo looked at all four million births in Canada between 1990 and 2000. He then broke out those that occurred in 53 predominantly Inuit communities in the Arctic.

THE CANADIAN PRESS

Panel report on veils due

FRANCE A French parliamentary panel will recommend a ban on face-covering Muslim veils in public areas from hospitals to schools but will stop short of pressing for the garb to be outlawed in the street, the panel's president says.

The panel's report due today culminates a six-month inquiry into the wearing of all-encompassing veils that began after President Nicolas Sarkozy said in June that they are "not welcome" on French territory.

The panel's mission, and a separate national identity debate on immigration, al-

ready have left some of France's Muslims feeling discriminated against, said Mohammed Moussaoui, who heads an umbrella group of various Muslim organizations.

France has the largest Muslim population in western Europe, estimated at some five million, but only several thousand Muslim women are thought to wear such veils, usually a niqab pinned across the face to cover all but the eyes.

Such dress is considered by many as a gateway to extremism.

THE ASSOCIATED PRESS

News in brief

BEIJING China rebuked the U.S. yesterday, denying involvement in any Internet attacks and defending its online restrictions as lawful after Washington urged Beijing to investigate an attack against Google. The search engine giant had announced it would pull out of China unless the government relaxes rules on censorship.

IRAQ Suicide bombers struck in quick succession yesterday at three Baghdad hotels favoured by journalists in assaults that killed at least 37 people. The blasts were launched shortly before Iraq announced it had hanged Saddam Hussein's notorious henchman "Chemical Ali." **THE ASSOCIATED PRESS**

Comment & Views

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Comment

Democracy strikes back

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Considering the calamity in Haiti has overwhelmed all other news, as it should have, the number of Canadians who showed up Sunday for nationwide protests against the suspension of Parliament was impressive. The people are speaking — in protests and in opinions polls. The story is not going away and the ramifications are many.

Firstly, it's a sign — a damn good sign — that democracy is alive in this country. We hear so often that Canadians don't care, that they're apathetic, that what goes on in Parliament is off their radar. But it sure hasn't looked that way.

Secondly, it's a development that knocks the prime minister from his arrogant perch, that hallowed ground wherein he seems to think he can get away with almost anything. The people have told him they're not going to put up with it. Here's betting you won't see Stephen Harper suspending Parliament for reasons of crass political gain ever again.

Thirdly, the story has revived Liberal party fortunes. Prior to the prorogation, the slumping Michael Ignatieff had almost been written off as another dead Grit walking. But as is so often the case in politics, it's not what you do that counts, it's what your oppo-

nent does. Sometimes, out of the blue — deus ex machina — a big break comes your way. Iggy finally got one.

"We can get more work done, Conservatives say, when Parliament isn't in session ... When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship."

Fourthly, the Governor General will now take note of how serious the shutting down of Parliament is. In future it will likely take more than just a phone call from the PM. This was the third time, not just twice as many think, that Harper has shut down Parliament in the last year and a half. The first time was when he turned his back on his pledge of fixed election dates to force the 2008 election. Yes, there was an exception to the fixed-date law. An election could be called earlier if the government lost the confidence of

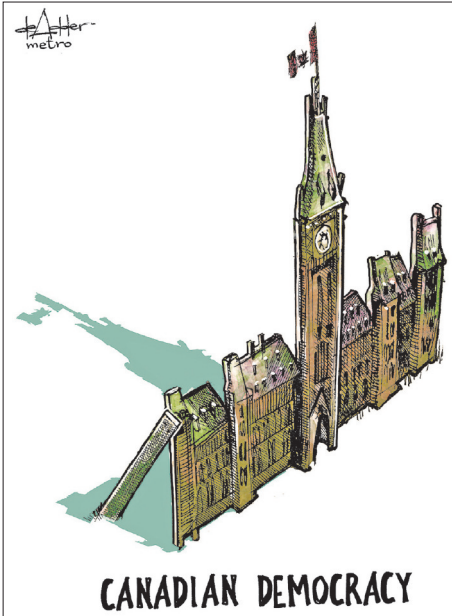
the House. But in that instance the government had not lost the House's confidence.

As for the latest prorogation, Canadians aren't buying the Conservatives' excuses. One of them is that other governments prorogued as well. But no other government has done it three times in 18 months for cynical political reasons.

Then there's the latest rationale, a most revealing one. We can get more work done, Conservatives say, when Parliament isn't in session. That, in fact, is true enough. When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship.

That's why Canadians are reacting the way they are. They're saying, "Sorry Mr. Harper, you can't have one."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADOR

Views

Not easy to hack away at federal deficit

InBusiness

Charles Davies

metronews.ca/inbusiness

Deficit reduction in Canada reminds me of that scene in Monty Python and the Holy Grail where King Arthur encounters a Black Knight who won't let him pass.

As Arthur systematically hacks off his limbs, the Black Knight refuses to acknowledge that anything's wrong. "It's just a flesh wound," he chirps after losing both arms. By the time Arthur is finished with him, he's legless as well.

When Finance Minister Jim Flaherty delivers his budget March 4, he'll have

all his appendages, but little else. The federal government says it can reduce the deficit to nearly zero by fiscal 2014 from more than \$50 billion in the year ending March 31.

But given its planned approach, a combination of spending restraint (holding annual federal spending growth to more like four per cent rather than the six per cent it has been running at in recent years), leaving transfer payments largely untouched, no new taxation, and heavy reliance on economic growth, we'll see limble knights dancing in the streets before the shortfall is eradicated.

You'd think cutting spending in an enterprise as vast and all-encompassing as the federal government would be easy, but no. Federal transfers, a mélange of

equalization payments, health and social transfers, employment insurance, old age supplement payments and the like, are inviolable because it's political suicide to touch them.

They make up 45 per cent of Ottawa's current \$236 billion a year in program spending. About 14 per cent goes to service our national debt, so we can't do anything about that. And 11 per cent goes to international, immigration and defence programs, a tally unlikely to shrink even if our troops are repatriated from Afghanistan starting in 2011. Let's not even think about Haiti.

Parliamentary budget officer Kevin Page, a realist unlike the spinmeisters in the Harper government, says Ottawa must save roughly \$19 billion to bal-

ance the budget by 2014. But the longer you look at the federal government's current program spending, the harder it is to see where savings of this order can be made.

There is one possibility. Stockwell Day, who was named president of the Treasury Board in the recent cabinet shuffle, is expected to be Flaherty's hit man in reducing expenditures. Day can start close to home with the Treasury Board secretariat, the board's administrative arm and general manager of the government's operations. The secretariat is spending nearly \$8 billion a year, and it must have some limbs in need of trimming.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

British boy's bike ride raises \$160K for Haiti

A young British schoolboy has raised more than 100,000 pounds (\$160,000) yesterday for Haiti's relief effort by cycling around his local park.

Charlie Simpson, 7, was so upset by the images of Haiti's deadly earthquake that he asked his mother if she could help him set up a sponsored bicycle ride around a west London park.

Charlie originally hoped to raise 500 pounds (for UNICEF's Haiti appeal with Sunday's eight-kilometre bike ride), but his Internet page was flooded with donations.

He raised nearly 50,000 pounds in a single day. Charlie's story was

splashed on the front page of Britain's Daily Mirror newspaper yesterday, and money is still flooding in.

"I want to make some money to buy food, water and tents for everyone in Haiti," he said on his fundraising website.

The effort drew the attention of Prime Minister Gordon Brown, with his Downing Street posting on Twitter: "Amazed by response to the great fundraising efforts of 7 yr old."

The boy's mother, Leona Simpson, said she was amazed by the response. "We put it on the web and that was it, it suddenly took off and we can't believe it."

THE ASSOCIATED PRESS

Haiti Crisis

We Know What You're Thinking

22%

How many Canadians have reduced their automobile usage in the last two years in favour of public transit?



IPSOS REID

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Firm retrofits containers for Haiti

An Ontario firm is using retrofitted shipping containers to provide equipment aid organizations need when working in areas devastated by last week's earthquake in Haiti. **METRO NEWS SERVICES**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

El exhaustion possible: Report

Hundreds of thousands of unemployed Canadians may exhaust their benefits before finding a new job despite improvements to the employment insurance system, according to an analysis by a senior Canadian Labour Congress official.

The analysis by CLC chief economist Andrew Jackson found that 500,000 Canadians who initiated EI claims in 2009 could very well see their benefits run out with no job prospects in sight.

The report noted that there were 120,000 more unemployed Canadians unable to collect benefits as of October 2009 compared with before the re-

Rising tide

•The number of Canadians who were collecting benefits rose from about 500,000 to over 809,000 between October 2008 and October 2009,

but the number who were jobless and not collecting benefits also rose, Jackson said. Many of those were women, his report added.

cession hit in October 2008.

"We can expect that the total number of new regular claims in 2009 will (have) hit about two million," Jackson said in his report, written for the Canadian Centre for Policy Alternatives.

"If the exhaustion rate were to remain the same as in 2006-07, we could eventually see some

500,000-plus exhausted claims in late 2009 and into 2010," he wrote.

The report gave credit to the government for extending benefits by an additional five weeks. But it said the changes were inadequate to handle the additional demands on the system caused by the recession, where at the peak over 400,000 jobs were lost.

THE CANADIAN PRESS

Albany, N.Y. Drill, baby, drill



Bill Hall, left, and Chris Gross hold signs in Albany, N.Y., yesterday, supporting natural gas drilling in New York state. Landowners say they should be able to sell drilling rights in the western Catskills and Southern Tier and that lease terms and proposed Department of Environmental Conservation rules will protect them.

Business in brief

POLITICS U.S. President Barack Obama is offering help for people struggling to pay bills and care for their families, appealing to a middle-class he says has been "under assault for a long time." In a partial preview of a state of the union address that aims to answer voter angst about the economy and reconnect with the public, Obama outlined yesterday

day the series of proposals from the White House.

MUSIC BIZ The U.S. Department of Justice has imposed major concessions upon Live Nation and Ticketmaster in approving the companies' merger. Shares in both companies jumped in trading yesterday after reports surfaced earlier that the merger would be approved. **METRO NEWS SERVICES**

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Could Apple's rumoured tablet duplicate the iPod's success and transform the ebook market? Scan this code for the story.



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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Asset inventory yields hidden cash

Alison On Money

Alison Griffiths

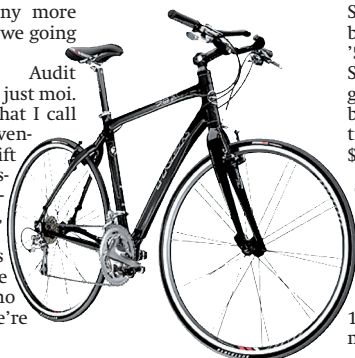
metronews.ca/alisononmoney

This is triple witching time — money wise, at any rate. Holiday bills are still not paid, RRSP contributions still not made and tax season looms. This is when I get a rising crescendo of pleas

for help. Most of them along the lines of neighbours Julia and Jason: "We just can't find any more money. What are we going to do?"

Answer: The Audit Squad — actually, just moi. I offered to do what I call an excess asset inventory and sift through their possessions to discover superfluous, sellable items. The only rules were: Don't hide anything and no whining when we're finished.

I started in the garage, so overstuffed they couldn't fit the car in as well. I



found a working freezer and a dorm-sized fridge. Sold! \$150. A weight set. Sold! \$35. Beer and wine bottles. Returned! \$22. A '50s chrome dinette set. Sold! \$100. A perfectly good 27" TV. Sold! \$50. A box of 1960s mint condition vinyl albums. Sold! \$225.

Getting the picture? They had almost \$1,500 of malingering assets in the garage, all purchased with credit cards, which have big balances. In effect they are still paying 19 per cent interest, or almost \$25 a month for this

stuff.

I was licking my lips as I headed into the house. Hello Kegerator! There was much resistance from Jason about the pool table (un-racked for three years) and an exercise bike sporting a cobweb hairdo.

Julia enjoyed Jason's dismay until I turned to her bureau. She had gobs of no longer worn costume jew-

elry plus a drawer filled with gold items either broken or missing a mate. The gold went for \$400 at a gold party.

After the audit, Julia and Jason sold almost \$3,000 worth of stuff which made a big dent in their credit card debt and freed up some money for RRSP contributions. The bonus? They can now get their car in the garage.

ALISON'S MONEY RULE
At this time of year, when money is scarce, do an audit of your underused and unwanted stuff and start selling.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Top three questions asked about RRSPs

Here are the top three questions Canadians are asking BMO Bank of Montreal this RRSP season:

Why should I consider investing in an RRSP?

RRSPs let you save money by earning income on a tax-deferred basis until you retire. They act as a substitute to a pension plan.

How much should I contribute this year?

Tina Di Vito, director of retirement strategies at

BMO Financial Group, says in an ideal world you would set aside the maximum contribution limit every year. If not, then try to contribute as much as you can. One of the best ways to grow your RRSP is to use a savings plan to automatically contribute every payday.

What types of investments should I choose?

This will, in part, depend on what kind of investor

you are. Here are some general guidelines:

- Diversify. Putting your money in a variety of investments provides exposure to a wider range of opportunities and limits the negative effects of a downturn in one market.

- Examine your foreign content. Investing outside Canada gives you access to the other 98 per cent of world markets.

NEWS CANADA

Which savings plan is right for you?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My wife and I are recent homeowners with young children. We would like to begin setting aside some savings. However, we cannot decide which savings vehicle would be best for us.

— Maureen and Josh

A As RRSP season fast approaches, retirement issues become a concern. There is no right or wrong answer, but what is best for you at a specific point in your life.

Many people choose to follow the traditional path. At first, the priority is securing a good job, finding the right mate and managing the cost of a wedding. Becoming a homeowner follows not too far behind.

Starting a family happens sooner rather than later.

Recent statistics indicate a decline in RRSP contributions. This is startling, as baby boomers are increasingly heading into retirement. A Government Pension and Old Age Security may not suffice for most. The vast majority of Canadians contribute nothing. The ones that have, do; the ones that can't, don't. Not

surprising! A quick comparison of registered accounts may help with your decision.

Registered Retirement Savings Account (RRSP):

- Annual contribution allowed — 20 per cent of prior year's earned income (maximum \$21,000 for 2009)

- Tax deduction — If your tax bracket is 40 per cent, then every \$100 contributed will save \$40.

- No tax on investment income

- Must collapse at age 71 (withdrawals taxed prior to this age)

Tax Free Savings Account (TFSA):

- Maximum \$5,000 per year (missed contributions accumulate)

- No tax deduction

- Can withdraw anytime without tax

- No tax on investment income

Registered Education Savings Plan (RESP):

- 25 per cent grant for first \$2,500 contribution

- No tax on investment income, if kept for child's education

- \$50,000 maximum per child

- No tax deduction

If you can do all, then go for it. Unfortunately,

many that is not a reality. Sit down and spend an hour or two with a financial adviser. It could be the most well-invested time spent.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

Investing

Allan Small

metronews.ca/investing

Opportunities in pullback

Over the last week a number of political events soured investors and caused them to take profits and become more defensive.

First, the Chinese government, expressing concern that their economy may overheat and produce an inflationary problem, proposed new rules to slow growth. In the U.S., new bank reforms have been proposed to control the way the banks do business.

If these two events weren't enough, on Friday it was revealed that Ben Bernanke's position as head of the U.S. Federal Reserve was not a sure thing for another term. Most investors and advisers believe that if he is not reconfirmed for another term, it would cause markets to fall sharply.

It is my opinion that investors should take this recent pullback as an opportunity once again. Shares of a number of companies have fallen in sympathy with the broader market even though these companies are performing well. If this market pullback is just political in nature and the issues are eventually resolved, then investors need to seek out the investments today that are doing well and purchase them at these lower prices.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

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If you are 19 or older, have been out of high school for at least a year, do not have your high school diploma, and are an African Canadian, you may qualify for the Link-CCA program. This program is tuition-free for qualifying adults who want to complete their high school diploma while working toward a career in healthcare.

Classes begin in March 2010 at the NSCC Waterfront Campus in Dartmouth. If you are interested in this opportunity, contact Karen Smith at (902) 491-7571 or karen.smith@nssc.ca.



nssc

Money-saving tip

Limit your ATM withdrawals and bank fees. Plan your spending and always use cash. You may want to consider leaving your debit card at home, too. **NEWS CANADA**

9

Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Easy to control your future

Obstacles such as job loss can be overcome with plan

RAFAEL BRUSILOV
for Metro Canada

Financial planning is crucial to meeting many of your life's goals, but many people are afraid of making that first commitment.

Jeff Young, senior manager of financial planning support at RBC, says the first step to taking control of your financial future is to find an expert you trust who understands you.

"I strongly encourage people to work with an adviser because there are intricacies in financial planning that most individuals are not ready to handle alone. An adviser can really help you get a vision of

what your goals are," Young said.

Decide on what your short-, mid- and long-term goals are, and then be realistic about whether you'll be able to reach them. If some of your goals are too vague or too lofty (at least for now), it might be time to tackle them in order of importance rather than trying to conquer them all at once.

"Put all your goals together and ask yourself, 'Can I achieve all these goals?' If you can't, it's time to prioritize," Young said.

With people living longer, inflation continually rising, taxes slowly creeping up and economies



Having a financial plan can help you to understand what your short-, mid- and long-term goals are.

swerving up and down, Ida Templeton, a director with Canadian financial services firm Investors Group, says some measure of financial planning is crucial for everyone.

"The reason financial planning is so critical is that we all are living under the same financial circum-

stances. A financial plan allows you to be in a position where you can control the things you actually have control over," she said.

While certain things in life can be predicted, some of the most challenging situations can happen suddenly, such as a job loss, a death in the family or an

economic downturn, and good planning can help you weather those challenges.

"A really critical component of any good financial plan is planning for the obstacles. Stay close to the fundamentals that build up a very strong foundation in your financial pyra-

mid," Templeton said.

The concept of good and bad debt is important to remember, Templeton says, because the difference has enormous implications for your financial health. Good debt, such as an RRSP loan, can help you meet financial goals in the right situation, whereas bad debt, such as credit card interest, can hold you back from those goals.

Templeton says that no matter how long you've waited to set out on a financial plan, it's never too late to start.

"I think people underestimate the power and opportunity they have, and a lot of times it just means asking the right questions. Be conscious and realize that no matter how much money you have, you can make positive changes for yourself," Templeton said.

'Two heads better than one'

JON TATTRE
for Metro Canada

A good investment adviser is like a good doctor. She'll take a broad, long-term look at your financial situation and offer a plan to keep you fiscally healthy, even if the marketplace gets sick. Experts say investing without advice can be like diagnosing yourself online: Risky.

Terry McCullough spent 10 years working as a financial/investment adviser (the titles are often used interchangeably) and now teaches investment courses at Ontario's George Brown College.

"Financial advisers do really pay (off) for people — if they do their homework. It's a marriage," he says. "Advisers come in all shapes, sizes and flavours. Even a great adviser is not always good for a specific client."

McCullough says advisers bring balance. Do you want to buy a house in two years? Have kids in four years?

"They can say, here's what we can look for in the way of a return, here's what we expect to see to happen to you now, and here's what your needs



A good investment adviser will take a long-term look at your financial situation and offer a plan to keep it healthy.

will be in different time frames," he says.

They can provide a disinterested take on the markets and your money, balancing risk with reward.

"In the last year, if somebody had had a balanced portfolio and equity markets corrected drastically, but bond markets made a bit of money ... we could adjust your 50-50 portfolio at that point. Sell some of the bonds, buy some of the equities at a lower price," he explains.

Scott McCartney, senior

"Financial advisers do really pay (off) for people — if they do their homework. It's a marriage."

Terry McCullough

investment adviser with Canaccord Wealth Management, says there's lots of free advice, but you'll get what you pay for. People don't have the time to deal minutely with their money, so they hire him. His clients call him with tips they've heard at the pub and it's his job to check them out in the real world.

"Most of what I do is I'm simply a guide," he says from his Edmonton office. "As a guide, I can bring to the table institutional-type investments that people can't get on their own."

Online investing can make it too easy to make a bad decision with your finances, he says. If all you have to do is point and click to change your RRSP from a value strategy to a speculative strategy, it's "good to have somebody on the other end of the phone to say you might want to consider this or that — two heads are better than one."

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Financial Planning

Always set money aside: Experts

RAFAEL BRUSILOV
for Metro Canada

Cash flow got you in a cash-crunch? Maybe it's time to start thinking about — and sticking to — a budget.

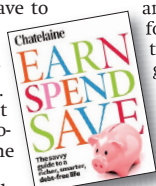
Kira Vermond, money columnist at Chatelaine magazine and author of the book *Earn, Spend, Save*, says credit cards and easy loans have created an impulse-buy system where it's too easy to go off the rails budget-wise because you don't feel like you have to save for big things.

"The one thing we've forgotten to do as a society is how to save for big-ticket items. We really have to take a page from our grandparents — they knew how to save for things. You have to set goals and work towards them," she said.

Vermond says the key to keeping a budget healthy is to always set away money, even in small amounts, for expensive



Kira Vermond, author of *Earn, Spend, Save*, says people have forgotten how to save for big-ticket items.



things like trips while also setting money aside for crucial things like utilities and living costs. Before buying anything you might regret, Vermond recommends first visualizing its inevitable closet-stuffing fate.

"I like to picture things collecting dust in my house. There's so much stuff that we buy that we don't actually use much, and all of it will end



Credit cards and easy loans have created a system where it's easy to go off the rails, budget-wise.

up in a landfill eventually anyway," Vermond said.

Glenn Lightfoot, a financial planning consultant with RBC, suggests thinking of your spending as going into different buckets, then tracking how much

gets thrown into each bucket regularly.

"Separate your spending into 'Need to Have,' 'Nice to Have,' and 'Long-Term Goals.' You need to understand where your money is going," Lightfoot said.

Learning how to deny yourself things, no matter how small, is a crucial skill, and Lightfoot suggests you approach your budget from a business perspective.

"It's the little things that

add up during the week — the coffees, the lunches — that kill people. If you run your family budget the way a business runs its budget, you'll be able to think more ruthlessly," Lightfoot said.

Budgeting tips

Kira Vermond offers a few tips for making sure your budget stays on track:

- Figure out how much you're spending by tracking where your cash goes for two or three weeks.
- Take a look and decide if what you're spending your money on makes sense. Are you buying useless or unnecessary stuff too often?
- Force yourself to spend less: If you go to the grocery store, take only \$100 in cash with you so you can't spend a penny more.
- Avoid impulse buys: Wait 24 hours before buying something and always imagine what it would look like collecting dust, since that's what most items we buy end up doing.

Sticking to a budget like being 'on a diet'

ROBYN YOUNG
for Metro Canada

When it comes to financial planning, there's no time like the present to get the ball rolling.

"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start," said Laura Rossiter, a consultant with Investors Group Toronto Midtown.

But the earlier you start, the stronger your plan will be and the better your saving habits will become over time, she added.

There are a number of ways to develop a financial

"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start."

Laura Rossiter

plan, says Tamara Smith, vice-president of marketing and consumer affairs for the Financial Planning Standards Council.

Start by setting life goals, tracking how much you spend over the course of a month, setting a monthly budget and sticking to it, and trying to save 10 per cent of your take-

home salary, she said.

"It's like a diet, you've got to start the first day and then you go the second day and the third day and you just keep at it," Smith said.

The next step is to make an appointment with a financial adviser.

Most major banks provide financial planning as a complimentary service for customers, but the service may be attached to products such as RRSPs, a mortgage, or a savings account.

Other groups, such as Moneyadviser.ca, offer financial advice without the attachment to products,

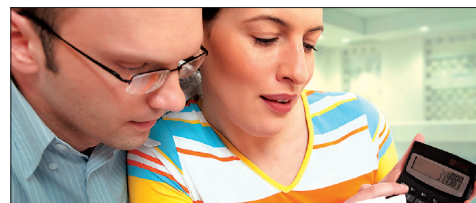
but charge a fee for the service.

Whatever route you choose, it's important to talk to a professional, says Kevin Macleod, certified financial planner and vice-president of Moneyadviser.ca in Calgary.

"I think there's a lot of misinformation that gets poured down our throats about money," he said.

A financial planner helps you sort through the maze of information out there and figures out what works best for you, he said.

Finally, when looking for a financial adviser, make



Track what you spend over the course of a month, experts advise.

sure they know what they're talking about.

"Most provinces do not have any regulations around who can call themselves financial planners, so it's really a buyer beware market," Smith said.

The Certified Financial Planning credential is the largest, identifiable, credentialled body in the in-

dustry, she said. There are 17,500 CFP professionals in Canada and the Financial Planning Standards Council website, fpssc.ca, provides a databank of certified professionals across the country.

"It's one of the best ways to find someone who is truly competent and ethical," Smith said.

What kind of investor should you be?

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The United States Rare Coin and Bullion Reserve Vault Facility today announces the final release of U.S. Gov't Issued Gold Coins previously held in The West Point Depository/U.S. Mint. For a limited time, Canadian citizens will have the opportunity to purchase these \$5 Gov't Issued Gold Coins for the incredible at-cost price of only \$126.00 per coin. An amazing price because these U.S. Gov't Issued Gold Coins are completely free of dealer markup. That's correct, our cost. This may be your final opportunity to buy U.S. Gov't Issued Gold Coins at-cost. The Gold market, which recently skyrocketed past \$1,100 an ounce, is predicted by experts to have the explosive upside potential of reaching up to \$5,000 an ounce in the future. **Due to extremely high Gold demand, availability of these special at-cost Gold Coins may vary based on current vault inventory.** The United States Rare Coin and Bullion Reserve will release these U.S. Gov't Issued Gold Coins at-cost on a first-come, first-serve basis. Orders that are not immediately received with the order center could be subject to cancellation and your checks returned uncashed. Good luck. We hope that everyone will have a chance to purchase this special U.S. Gov't Issued Gold at-cost. Order your Gold immediately to avoid disappointment. Special arrangements can be made for Gold orders of \$50,000. Call Toll-Free 1-800-410-8532.

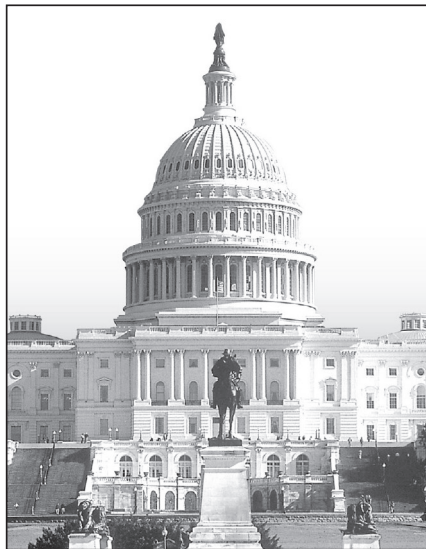
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If you had \$50,000 in the bank and you transferred it into Gold at today's price, you could now have an opportunity to possibly gain as much as five times its value. That's right, \$250,000. On the other hand, if you leave that same \$50,000 in the bank for 10 years, chances are, it's only going to be worth about \$50,000. When you convert money to Gold, you haven't spent your money, but have transferred its value from a declining paper currency, to a precious metal that is rising in value. With predictions of Gold rising from more than \$1,100 an ounce to \$5,000 an ounce in the future, now could be a great time to get in. Buying Coins involves some risk. The market for these items is unregulated, so prices may rise or fall over time, therefore the value of a coin depends in part on the price you pay. You should not acquire any item if you are not competent or qualified to make your own financial decisions.

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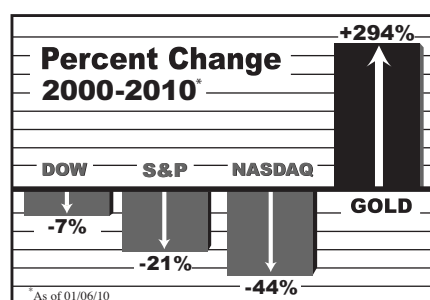
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Saints-Vikings game a ratings hit

A record average Canadian audience took in the New Orleans Saints thrilling overtime playoff win over the Minnesota Vikings Sunday night. CTV, which carried the Saints' 31-28 victory in Canada, announced yesterday the NFC championship game attracted a record average audience of more than 2.6 million viewers. **THE CANADIAN PRESS**

Sports

Second Wizard pleads guilty

Washington Wizards guard Javaris Crittenton, left, pleaded guilty to a misdemeanor gun charge yesterday, explaining he had a pistol because he feared teammate Gilbert Arenas would shoot him or blow up his car after the two argued over a card game. The hearing marked the first time authorities confirmed Crittenton was the other player involved in the confrontation with Arenas, who pleaded guilty Jan. 15 to a felony gun charge. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Cormier's season finished

Rouyn-Noranda centre hit with massive suspension from QMJHL

The Quebec Major Junior Hockey League hopes it has sent a strong message against dangerous, illegal hits by suspending Patrice Cormier for the rest of the season and the playoffs.

The league handed down one of the longest suspensions in its history yesterday when it banned the Rouyn-Noranda Huskies centre for elbowing Quebec Remparts defenceman Mikael Tam in the face and sending him to hospital with brain trauma and several broken teeth in a game Jan. 17.

League disciplinarian Raymond Bolduc, who took a week to investigate the incident before rendering his decision, called the hit "dangerous and unacceptable."

"The message is very important — we don't want those types of gestures in our league," he said.

In Quebec City, the Remparts were satisfied with the decision, and said it was up to Tam and his family whether to pursue legal action against Cormier. Tam is to undergo further medical tests this week to

"The message is very important — we don't want those types of gestures in our league."

QMJHL disciplinarian Raymond Bolduc

determine the extent of his injuries and when, or if, he will be able to return to the ice.

Patrick Roy, the club's co-owner and coach, said the team will support the player in whatever he decides.

"I don't think anyone was happy giving Patrice Cormier such severe punishment but I think we've reached the point where we have to give a serious reminder to our young players," said Roy. "When the premier (of Quebec) says that maybe some people weren't getting the message, then maybe it's up to the league to do that."

Cormier has five days to

appeal the suspension. Neither he nor the Huskies had any immediate comment on the ruling.

The video of his ugly hit has been replayed several times over the past week. On the play, Cormier came off his team's bench and caught Tam with a nasty elbow in the neutral zone, sending the Quebec defenceman into convulsions.

Tam, 18, spent two days in hospital. He returned to Quebec City, his home town, last Tuesday.

THE CANADIAN PRESS

Lemieux looking towards title fight

BOXING Unbeaten David Lemieux wants to be Canadian middleweight boxing champion.

The 21-year-old from Montreal will face Halifax veteran Jason Naugler in a 10-round bout Feb. 6 at the Montreal Casino for the Canadian title.

"I know that Arturo Gatti, even if he was a two-time world champion, regretted when his career was over never having won the Canadian title," Lemieux said in a statement.

"I'm not comparing myself to Gatti, but at least I won't have that regret."

Lemieux (20-0) has not needed to go the distance in any of his 20 pro fights, a Canadian record.

The 31-year-old Naugler (18-11-1), who started out as a light middleweight in 1999 and later became Canadian light heavyweight champ, has lost his last four bouts.

THE CANADIAN PRESS

Crookshank to miss key game against Puerto Rico

MATTHEW WUEST
matthew.wuest@metronews.ca

BASKETBALL The Halifax Rainmen are heading into one of the biggest games in franchise history without their franchise player.

Forward Eric Crookshank will not travel south for Thursday's game against the Puerto Rico Capitanes, an unbeaten team that sits a half game ahead of the Rainmen (5-1) atop the Premier Basketball League standings.

The 31-year-old and his girlfriend are expecting their first child this week and he will remain in Halifax.

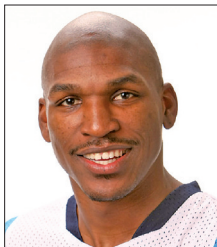
fensive end.

Levingston said Crookshank has been playing the best basketball "of his life," but added that six-foot-five small forward Jevohn Shepherd is a player expected to fill the void.

Shepherd, a 23-year-old who completed a four-year career at the University of Michigan last spring, dropped 14 points off the bench on Sunday and has plenty of promise.

"Hopefully he can step up," Levingston said.

"We think we have interchangeable players who can fill the gap."



Eric Crookshank

Crookshank is expected to return on Sunday, when the Rainmen host the unbeaten Rochester Razor-Sharks.

Forward Marlowe Currie and guards Devon Norris and Lonnell Shuler-Jones also will not make the trip.

In other news, Rainmen guard Tony Bennett was named PBL player of the week after a 49-point weekend.



For more Rainmen coverage on Twitter follow: **@metrorainmen**



Dartmouth's Sarah Conrad airs during the 2010 FIS World Cup Snowboard Halfpipe finals in Stoneham, Que., last week. Conrad, who placed fourth, will be competing in the Olympics this year.

Olympic snowboard team announced

TEAM CANADA Four years ago, a 13-year-old Palmer Taylor was on the edge of her sofa watching the world's best snowboarders attack the Olympic halfpipe on TV.

During next month's Vancouver Winter Games, she's going to be much closer to the action as Canada's youngest snowboarder.

Taylor, now 17, has joined a team of riders that Canadians will be counting on to produce Olympic hardware.

The 18 riders — 10 men and eight women from the sport's three disciplines — were formally introduced yesterday in Quebec City. Inside the halfpipe, Tay-

Hard work pays

• According to Christian Hrab, Canada Snowboard's high performance director, the athletes were nominated based on their hard work and results over the last year.

lor will join Olympic veterans Sarah Conrad of Dartmouth and Mercedes Nicoll of Whistler, B.C.

Taylor, a member of the national development team, can't wait to challenge her heroes on the ice walls of the superpipe.

"My dad, he had his arm around me and I was like, 'Dad, I want to do that,'" recalled Taylor, who

watched the 2006 Turin Games at her family's home in Collingwood, Ont.

"And what do you know? Here I am now."

The Canadian snowboard team will bring a mix of experience and youth to the Olympics. It will also carry some lofty medal expectations.

World No. 1 Maëlle Rickert of West Vancouver, and second-ranked Dominique Maltais of Petite-Rivière-St-Francois, Que., will lead the way in snowboard cross, a bruising, high-speed event.

Maltais won Canada's only snowboard medal in Turin, where she captured the bronze.

THE CANADIAN PRESS

m.metronews.ca



The streaking Sens can thank a hot goalie and a healthy lineup for their six-game winning streak. Scan this code for the story.

SCOREBOARD

PBL				
	W	L	PCT	GB
Puerto Rico	5	0	1.000	—
Rochester	4	0	1.000	0.5
HALIFAX	5	1	.833	0.5
Lawton-Fort Sill	3	2	.600	2.5
Manchester	2	4	.333	3.5
Maryland	2	4	.333	3.5
Buffalo	1	4	.200	4
Quebec	1	5	.167	4.5
Vermont	0	3	.000	0.000

THURSDAY				
HALIFAX at Puerto Rico				
QMJHL				
	W	L	O	S
Saint John	40	8	1	0
Moncton	33	11	1	3
Drummondville	33	14	0	2
Victoriaville	33	14	1	1
Quebec	28	14	3	4
Cape Breton	28	18	2	3
Rouyn-Noranda	28	18	2	2
P.E.I.	27	18	2	4
Rimouski	24	18	4	2
Shawinigan	23	20	3	4
Montreal	24	20	0	3
Gatineau	23	20	1	4
Chicoutimi	18	22	4	4
Bathurst	18	27	3	2
Val-d'Or	18	25	4	1
Lewiston	17	29	0	2
Baie-Comeau	15	30	2	1
HALIFAX	10	35	1	3

WEDNESDAY
HALIFAX at Lewiston, 8 p.m.

Olympic champion speedskater Marianne Timmer failed to qualify for the Vancouver Games yesterday and won't get a chance to defend her 1,000-metre long-track title next month. In a three-way skate-off, the 35-year-old Dutchwoman could only manage third place. **THE ASSOCIATED PRESS**

Timmer fails to qualify for Olympics

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Injuries a concern for Yzerman

Team Canada features growing infirmity list

These are the truly anxious moments for Steve Yzerman.

Since he unveiled Team Canada's lineup at the end of December, the executive director has seen Marc-Andre Fleury, Brenden Morrow, Dan Boyle, Patrice Bergeron and Ryan Getzlaf miss games because of injury.

Even though all 23 of his original picks are still expected to be in Vancouver next month, Yzerman knows that could change on any given night. He's found it a tad difficult to relax while waiting for the Games to start, especially given that something bad could happen to one of his players in the meantime.

"Just sitting between announcing the team and

Fast approaching

- The NHL shuts its doors for the Olympic break Feb. 14, leaving teams with between eight and 11 games to play before Team Canada faces Norway in Vancouver Feb. 16.

(the time leading) up to the Olympics is the most difficult part," Yzerman told The Canadian Press in a recent interview. "There's not a whole lot you can do at this point. You're sitting wondering if you've got injured guys, how are they going to be? I'm just watching guys play."

While Bergeron (broken right thumb) and Getzlaf (leg) have both returned to action, the other three

players were on the sidelines at the end of last week.

Injuries could play a big role in these Olympics because teams won't be carrying a taxi squad like they did four years ago in Turin. Each country will register its final 23-man roster Feb. 15 — the night before the tournament begins — and no one else will be eligible to suit up at the event.

As a result, teams will be reluctant to bring any players with nagging problems that might be easily aggravated in Vancouver. Yzerman and his Olympic management group have been sure to monitor each situation as closely as possible.

THE CANADIAN PRESS



Bruins centre Patrice Bergeron, who was named to Canada's Olympic squad, recently returned from a broken right thumb.

Flag-bearer will be named Friday

CEREMONY The athlete who will lead the Canadian team into B.C. Place during the opening ceremony at the Vancouver Olympics will be revealed Friday.

The Canadian Olympic Committee will announce the flag-bearer for the Vancouver Games in Richmond, B.C.

Possible candidates include long-track speedskater Clara Hughes, bobsled pilot Pierre Lueders, hockey player Hayley Wickenheiser, visually impaired cross-country skier Brian McKeever and speedskater Jeremy Wotherspoon. Hockey player Danielle Goyette was Canada's flag-bearer at the 2006 Turin Games.

The selection of the flag-bearer begins with the different sports federations recommending candidates.

THE ASSOCIATED PRESS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/26/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Scrubs	Better Off Ted	Lost "The Incident" (HDTV)		
	7	7	7	ASN The Road to Avonlea	Jeopardy! (N)	Degrassi: TNG	TMZ (N)	Independence Day *** (1996, Science Fiction)	Will Smith, Bill Pullman			
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in Hall	Comedy	CBC News: The National	The Hour	
	2	2	2	CBC-F Pyramide (SC)	La Fature	Virginie (SC)	La Fature	Providence (N) (SC)		Trauma (SC)	Le Téléjournal	
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Jet Lag" (N)		NCIS: Los Angeles (N)	TVA nouvelles	
	69	69	69	CFTM TVA nouvelles	Le Cercle (SC)	La Fature de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)		
	6	6	6	CJCH Entertainment	ET Canada	The Good Wife (HDTV)		NCIS "Jet Lag" (N)		NCIS: Los Angeles (N)	News Final (N)	
	9	9	9	CJCH etalk	Access H.	Lost "The Incident"		American Idol (HDTV) (N)		Lost "The Incident"	CTV News	
	10	10	10	ELTV (6) EastLink Television				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)		Human Target (HDTV) (N)	Fox First	
	12	12	12	NBC News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser	Lifting competition. (N)		Jay Leno Show	
	29	29	29	NW (6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National	fifth estate	
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)		Frontline (HDTV) (DVS)	Frontline	
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Worldfocus	NOVA (HDTV) (DVS)		Bear Island	Frontline	
	68	68	68	TQS Guerre clans	Oncle Charlie	Rire et délire (N)		Dirty Sexy Money (SC)		Pratique privée (SC)	Guerre clans	
	23	23	23	96 BNN Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play	Business News	
	18	18	18	CNN (6) The Situation Room With Wolf	Blitzer (N)			Campbell Brown (N)		Larry King Live (N)	Cooper 360	
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	San Diego Highlights		San Diego Highlights	The Big Break	
	52	52	52	RSE Connected W-Prime Time		Overtime	NHL Hockey New Jersey Devils at Ottawa Senators. (HDTV) (Live)				Sportsnet Con.	
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.				
	45	45	45	SPD Unique Whips		Pass Time	NASCAR Hub	Monster Jam (N)	Super Bikes!	Super Bikes!	Drives	
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	Interruption	NFL Presents	Hockey	NHL Pregame	NHL Hockey	
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27	YTV iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mids	Hates Chris	8 Simple Rules	What I Like	Family Biz
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal	Paranormal	
	70	70	70	APTN APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Feeling Minnesota (1996, Comedy-Drama)		
	50	50	50	BET 106 & Park: BET's Top 10 Live			Sprung ** (1997, Comedy) Tisha Campbell, Rusty Cundieff. Premiere.				The Single	
	37	37	37	BRVO Emily of New Moon		At the Concert Hall		Diana Krall: Live in Rio				
	25	25	25	CMT Shaye: This Is It		Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.
	49	49	49	COM Just for Laughs		Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153	COURT Missing Link		Psychic Witness		Cops Uncut	Dumb Criminal	Unsolved Crimes USA		Psych. Witness
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill
	34	34	34	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters
	46	46	46	HIST Ancient Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients-Badly
	17	17	17	MM Secret Life of American Teen		Love Court	My Date With...	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	disBAND
	19	19	19	MM mmtop10.ca		The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage
	201	201	201	M1 (5:25) Knights of Bloodsteel (2009)			(8:25) Deadliest Sea (2009, Adventure)			The Deal (2008, Comedy), LL Cool J		
	48	48	48	OLN Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51	PEACH Friends	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Doom
	206	206	206	PIX (6:50) The Quick Gun (1964, Western)			(8:20) Crosswinds ** (1994, Action)			Life Stinks ** (1991, Comedy)		
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39	SHOW Trailer Park	Wedding SOS	Rich Poor	Party Mamas	Party Mamas	Party Mamas	Wedding SOS		Wedding SOS
	40	40	40	SLICE What Happen?	Wedding SOS	Stargate Atlantis	(DVS)	Lost "Some Like It Hot"		Human Target "Rewind"		Fringe
	47	47	47	SPACE Stargate SG-1		UFC Unleashed		UFC Unleashed		Entourage		Pros vs. Joes
	14	14	14	SPIKE CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		Entourage		Pros vs. Joes
	57	57	57	98 STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Little Couple	Little Couple	Cake Boss	Cake Boss	18 Kids and Counting		Little Couple
	34	34	34	TROP End of Leash	Bootcamp	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash
	20	20	20	TV5 Que-champion	Journal de F2	Zoom animal		Découvrir le monde		Partir autrement		ADN
	28	28	28	V Mysterious Ways		Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)
	97	97	97	VIVA Da Vinci's Inquest		Cold Case "Sanctuary"		Missing "M.I.A."		The Closer		Cold Case
	22	22	22	W House-Sell	House-Sell	Supernanny		Dine With Me	Grocery Bag	Beauty Call	Style by Jury	Look Good
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	90210 "Unmasked"		Melrose Place (HDTV)		WGN News

critics' corner

The Good Wife

Alicia (Julianne Margulies) is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin (Chris Bowers, "Rescue Me"), is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive — hey, doesn't every woman love a rebel? Christine Baranski and Josh Charles also star in "Unorthodox," 8 PM on CIHF; 11 PM on CBS



Diana Krall: Live in Rio

The British Columbia-born jazz singer takes her act on the road — a very long road — in this special. She's in Rio de Janeiro, Brazil, performing old favorites as well as songs from her more recent album "Quiet Nights" — which is an eclectic mix of show tunes ("Where or When"), torch songs ("Guess I'll Hang My Tears Out to Dry") and classic pop ("How Can You Mend a Broken Heart"). 9 PM on BRAVO

Drop Dead Diva

Jane (Brooke Elliott) defends Deb's mother in a divorce, while Grayson (Jackson Hurst) represents her father. Kim (Kate Levering) represents a dog owner who sues a pet cloning company, claiming the clone is not the same dog as his first pup, a Westminster champion. Sharon Lawrence, Mark Moses and Diedrich Bader guest star in the new episode "The Chinese Wall." 11 PM on SHOW

Weekdays @ 9pm

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For January 25th

9 Ke\$ha - Blah Blah

8 Down With Webster-Rich Girl\$

7 Black Eyed Peas - Imma Be

6 Young Money Ft Lloyd - Bedrock

5 Justin Bieber Ft. Ludacris - Baby

4 Stereos - Turn It Up

3 Lady Gaga Ft. Beyonce - Telephone

2 Drake Ft. Kevin Cossom - I Get Paper

1 Jason Derulo - In My Head

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Babies being born smaller, study

U.S. newborns are arriving a little smaller, says puzzling new Harvard research that can't explain why. The average birth weight of full-term babies is just under 7 1/2 pounds, a drop of about 1.8 ounces. **THE ASSOCIATED PRESS**

Health & Beauty

The roles of attraction

The J Spot

Josey Vogels

metronews.ca/thejspot

An online dating website that recently expelled 5,000 members, including 500 Canadians, because they no longer met the site's beauty standards has — not surprisingly — met with a lot of criticism.

Frankly, given the unapologetic and blatantly provocative response from the site's management, I think the whole thing reeked of a publicity stunt so I don't care give them any more free publicity by naming the site.

But, stunt or no stunt, it did raise the question about how honest we are when it comes to the importance of looks when it comes to meeting people.

While most guys in my own very unofficial survey admitted that looks matter, most at least tried to pretend that what attracts them physically to a woman went beyond the superficial, with several citing "a woman's eyes" as the first thing that draws them in. Hands came in a close second.

"They're lying," countered one of the many women I asked who cited "sense of humour" as what turned her crank. That's right, because looks are only more important to men. "Oh, and a developed upper body, of course," she added. Bingo.

Another male respondent pointed out that both eyes and a sense of humour are ridiculous answers. "What am I going to say? 'Man look at that woman across the street, great eyes, and what a funny hat, she must have a great sense of humour.'"

Okay, so maybe we're all lying to ourselves. Looks do matter. Still, when pressed, most people will tell you that, when it comes to attraction, looks might get your foot in the door, but if they don't like what greets them once they get inside, they're just as likely to turn around and walk back out.

As American First Lady Michelle Obama told Glamour magazine when they asked her for dating advice, "Cute's good," she said. "But cute only lasts for so long and then it's, 'Who are you as a person?'"

Ultimately, when it comes to lasting relationships, having similar morals, values, world views and goals in life play a way bigger role than physical attraction.

In fact, given the importance of all this other stuff, physical attraction seems like a pretty misguided and unreliable starting point when it comes to finding a mate.

Maybe I should start should start my own exclusive dating site for the rest of us. What do you think? *average-looking-people-with-lots-of-other-great-stuff-to-offer.com?* No beautiful people allowed.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Medical maggots matter

Inching back the red tape on production

CELIA MILNE
for Metro Canada

Medical maggots have been making a comeback. But it bugs wound clinicians that Canadians can't get access to maggots the way Americans can.

Creepy as it sounds, maggots are actually very helpful in treating serious wounds. They eat dead tissue and destroy bacteria, while leaving healthy tissue untouched.

For people who are facing the horror of possible amputation, maggots can be a practical, inexpensive and efficient solution.

"Most patients with chronic, draining, stinking, limb-threatening wounds, often having already suffered weeks or months with them, recognize that 48 hours or more of maggot therapy is much less 'icky' and scary than their wounds," says Dr. Ron Sherman, director of Monarch Labs in Irvine, California, which supplies maggots to hospitals in Canada and the U.S.

In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial.

But here's the snag. Health Canada recently reclassified maggots as "drugs" instead of "devices," and this has slowed to a crawl the process of getting them across the border.



Think of this wriggly little creature not as, well, gross, but as a miniature surgeon. Maggots are making a medical comeback, cleaning out wounds that just won't heal.

"In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial."

ed Pearson, ordering maggots is a big hassle for Canadian doctors and nurses.

The best solution would be to set up a maggot-producing laboratory in Canada, says Sherman, and thereby cut down on the delays and frustrations of importing creepy, crawly insects across the border.

Monarch Labs is actively seeking research funding to do Canadian clinical trials of medical maggots.

Then, Monarch would request marketing clearance "if the results are anywhere near as favourable as they have been in the U.S. studies," he adds.

red tape is abundant, according to Sherman.

Monarch has been sending medical maggots to Canada for 18 years. Last year, they received about 50 orders for maggots, by clinicians in Alberta, British Columbia, New Brunswick, Nova Scotia, Ontario and Quebec. But with the new rules, report-

Until last year, it took about 24 hours for them to arrive. But it can now take up to three weeks, according to Christine Pearson, a B.C. nurse and board member of the Canadian Association of Wound Care, who spoke to the Canadian Medical Association Journal about the issue.

"The problem with shipping maggots is that they are not only live, but highly perishable. They can not be fed during their journey, or else they will no longer be 'hungry' and effective upon arrival at the bedside," says Sherman.

Maggots are approved by the U.S. FDA but not Health Canada. No company in Canada can manufacture or market maggots until a large clinical trial is done here, but funding is scarce and bureaucratic

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Starting this week Tim Hortons adds English muffin breakfast sandwiches to its morning menu. To celebrate this introduction, participating restaurants are offering all hot breakfast sandwiches for a limited-time price of \$1.99. **METRO NEWS SERVICES**

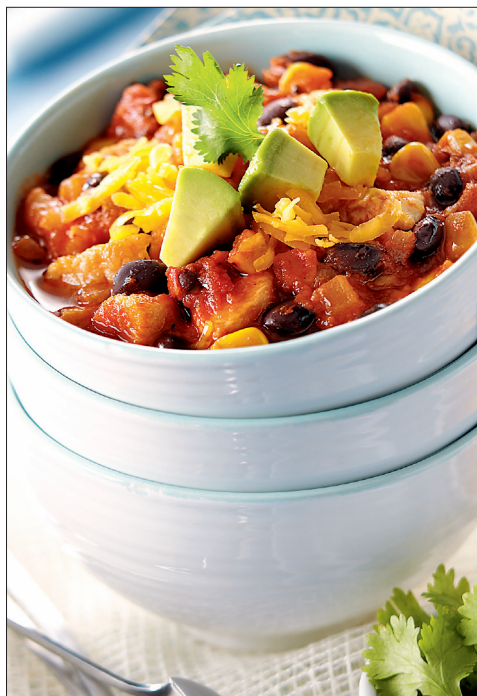
Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Rich, fresh flavours



Rose Reisman's Tex Mex Chili.

Potato Corn Chowder

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk, and you'll be surprised at how creamy and rich the soup tastes. Charring the corn gives the soup a fresher flavor.

SERVES 4

INGREDIENTS:

- 2 cups corn niblets (canned or fresh)
- 1½ tsp vegetable oil
- 1 cup chopped onion
- 1½ tsp finely chopped garlic
- ½ cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2½ cups chicken stock
- ½ tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper

• 3 Tbsp chopped parsley

METHOD:

1. Lightly coat a non-stick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often or just until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.

2. Add the oil to a large, nonstick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.

3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Garnish with parsley.

Tex Mex Chili

PREP TIME: 15 MINUTES
COOK TIME: 25 MINUTES

This is a great, lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment. Add diced avocado to the list of garnishes if you like.

SERVES 6

INGREDIENTS:

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic

Yogurt cheese cuts calories

Savvy dieters know the value of yogurt cheese. Made by straining yogurt until it's thick and spreadable, yogurt cheese offers the satisfaction of cream cheese without all the calories. Loblaw's has built on this simple idea. Its new Blue Menu yogurt spreads are convenient. The spreads are launching in early February. Price: \$2.50 for a 227-gram tub.

TORSTAR NEWS SERVICES

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at roreisman.com & personalgourmet.ca

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

A perfect start

Would you like something to drink while you look at the menu?

I used to hate that question, especially when it's served-up on my first visit to a restaurant. My waiter will let me spend as much intimate time as I want with the appetizer list, but always seems to think I know everything they've got behind the bar without looking.

I found the liquid answer on my first trip to Italy. Most Italians will start a fine meal with **Campari (\$24.70 - \$26.99)** — a bright red aperitif invented in Milan back in 1860. Made from a secret blend of 60 herbs, spices and neutral spirit, it's considered a bitter.

Though that bitterness becomes all too apparent if you drink it straight, mixing one ounce with two ounces of soda water (over ice) reveals Campari's palate cleansing properties. That combination makes for a great after dinner digestive as well. Substitute the soda with orange juice and you've got a perfect beverage for brunch.

Now just in case you don't think booze from the 19th century can't be hip in the new millennium; look for the close-up of a bottle of Campari early on in Lady Gaga's Lovegame video.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Keef quits drinking

Keith Richards has given up alcohol. The Rolling Stones guitarist — who is known for his hellraising lifestyle — hasn't downed a drink in four months, despite previously claiming he would never become a teetotaler. **FEMALEFIRST.CO.UK**

17

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Crazy ideas drive OK GO

BRYAN BORZYKOWSKI
for Metro Canada

When OK GO uploaded a now wildly popular video (49 million and counting) for Here It Goes Again three-and-a-half years ago, they had no idea how popular it would become. "It's weird," says frontman Damian Kulash, still sounding a bit surprised by the popularity of his treadmill-dancing clip.

The Los Angeles-based foursome didn't set out to create one of the most talked about videos of the last decade. In fact, they don't consider their music video a video at all.

"Music videos used to be commercials for rock bands and labels who were trying to sell stuff," says Kulash.

For OK GO, making videos is "an opportunity to create the craziest ideas" says Kulash, something they can't do in a more ridged recording environment. It also gives them the chance to play with the tunes. Unlike most videos, the band doesn't necessarily perform to its original track. In the YouTube clip for This Too Shall Pass, a tune off the group's new album *Of the Blue Colour of the Sky*, the band incorporates an entire marching band and singing children — that's not on the CD version of the song.

"Why does a music video have to look like a commercial?" asks Kulash.

He says making his videos — most of which are even more creative and entertaining than *Here It Goes Again* — is when he can be at his most creatively ambitious.

But, judging from the recent disc, there aren't many restrictions on what they can record either. The group's third record is an ambitious combination of soul, R&B, rock and pop — on opener *WTF* Kulash does a pretty good Prince impression. It's a departure for the rock-heavy group, but after years of touring with their amps turned up, it's hard to blame them for wanting a change.

"Whatever engines we had in that direction burned out a bit," Kulash explains.

"I tried going into the garage and turning up my amps and impressing myself with a catharsis of volume, but it just wasn't."



OK GO's latest is a combination of soul, R&B, rock and pop.

If you treat your dad to a better cup of coffee are you still grounded?

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Johnny's alive

Johnny Depp's rep was forced to confirm that the *Pirates of the Caribbean* star is alive and well after a rumour swept Twitter over the weekend claiming Depp had died in a car crash in France.

METRO WORLD NEWS



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Jimmy Kimmel marks 7 years of late nights

There is happiness to be found in late-night TV these days. Just ask Jimmy Kimmel, who is celebrating the seventh anniversary of his ABC show today with guest Harrison Ford.

Ford is set to deliver a "very special" gift to the Jimmy Kimmel Live! host to mark the occasion, ABC said yesterday.

"People often ask me if I ever imagined we'd be on the air this long," Kimmel said. "It's a weird compliment wrapped in an insult, but I'll take it."

He added that he feels lucky to work "for a network that showed enough patience to allow us to grow and, more importantly, pays almost no attention to what goes on after midnight."

Kimmel's milestone comes just days after Conan O'Brien ended his seven-month tenure as *Tonight*



Jimmy Kimmel.

host, with Jay Leno set to reclaim the job he left last year. O'Brien's exit was preceded by a bitter public battle with NBC over its plan to shift him to a post-midnight slot.

Jimmy Kimmel Live! airs at 12:05 a.m. EST weeknights on ABC. Also appearing on the anniversary show today are Kristen Bell and rockers the Silversun Pickups.

Among the highlights of Kimmel's run: a pair of comic films that went on to become Internet sensations, one in which Matt Damon and Kimmel's on-again, off-again girlfriend Sarah Silverman sing of their faux hot love affair, and the other with Kimmel striking back by claiming a romance with Damon's pal Ben Affleck.

THE ASSOCIATED PRESS

DVD picks

Michael Jackson's This Is It

Director: **Kenny Ortega**
Michael Jackson

DOES THE UNUSUAL docu-concert movie *This Is It* have anything to offer folks who aren't confirmed fans of Wacko Jacko? Can anything of real value be expected from the filmed record of rehearsals for Michael Jackson's concert series that had been scheduled to begin last July at London's O2 Arena?

Yes and yes.

MJ fans will love the swirling, fast-cut images of Jackson performing his greatest hits in energetic — even athletic — style. *Beat It*, *Billie Jean* and *Thriller* are given the full production treatment. There is also plenty of time devoted to *Wanna Be Startin' Somethin'* and *Smooth Criminal*.

But anyone curious about the man himself — and who isn't? — and the state of his mind and body before his untimely death

from heart failure at age 50, will find lots of interest in *This Is It*.

Kenny Ortega, Jackson's longtime collaborator and creative director, shows us an MJ we haven't seen before. It's Michael Jackson unvarnished, the wizard behind the curtain and the man-child in the mirror, and it's fascinating to behold. He's as tough as Frank Sinatra with his perfectionistic demands, brooking no dissent as he puts dancers and musicians half his age through their gruelling

paces. But he's also as fragile as Judy Garland, as is evident on the moving ballad *Human Nature*.

The film was culled from more than 100 hours of high-definition rehearsal footage, shot from March 2009 up to the hours before Jackson died on June 25, and lensed mainly at the The Forum and Staples Center in Los Angeles, where Jackson had been putting in full days of work for weeks.

This Is It delivers an emotional wallop; there's

an undeniable sadness seeing it and knowing it's the show he never gave and never will.

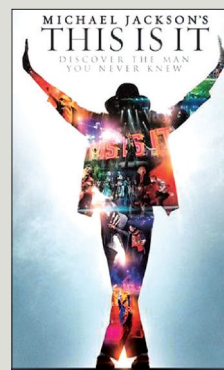
Extras include expanded *Thriller* and *Smooth Criminal* rehearsals and several making-of and Jackson remembrance featurettes.

Peter Howell/for Metro Canada

On the web

Also on DVD:

- Read Metro's review of *Surrogates* at metronews.ca/movies





For his 16th birthday, Diddy gave his son Justin Dior Combs a brand-new silver Maybach (price tag: \$360,000 US). The teen received the wheels on Saturday night, people.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Split rumours persist

JUST GET IT OVER WITH ALREADY Though their reps continue to deny the story, details continue to emerge on the alleged separation of Brad Pitt and Angelina Jolie.

"It's no secret they have been in a pretty loveless relationship for about a year," a source tells the Sun. "They barely spend time together, and when they do it is very fraught. They

want different things from life."

The source claims that it was Pitt's brother Doug who con-

vinced him to pull the plug on the relationship after a particularly chilly holiday season. This past weekend, Pitt was in Los Angeles helping George Clooney with his Haiti telethon, while Jolie stayed in New York for a photo shoot. On Sunday, the News of the World newspaper claimed Brad, 46, and 34-year-old Angelina had visited divorce lawyers to help them separate and planned to split up in the near future.

The legal document they allegedly signed will see their \$330 million US fortune halved in two.

METRO WORLD NEWS



All guys are dogs: Mel

MEN ARE FROM MARS. WOMAN ARE FROM VENUS. GIBSON IS FROM ... Mel Gibson thinks "all guys are dogs," femalefirst.co.uk reports.

The 54-year-old actor is very protective of his daughters — married Hannah, 29, and baby Lucia with his girlfriend Oksana Grigorieva — because he knows what men are like and what they are interested in.

He told People

magazine: "Oh, you get scared. We all know what dogs all guys are because we are guys."

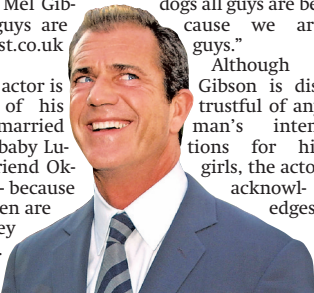
Although Gibson is distrustful of any man's intentions for his girls, the actor acknowledges

that women are far smarter than guys give them credit for.

"We shouldn't despair, the truth is all women are smarter than men."

The Hollywood star is a very protective father and partner and last week revealed he keeps a gun "stowed away" in his house to protect against intruders. "I did have bodyguards for a little while but it's a drag."

METRO WORLD NEWS



They're on again... again

VEGAS ODDS HAVE THEM 2-1 TO BE OFF AGAIN WITHIN A WEEK

The rekindled relationship between Jude Law and Sienna Miller seems to be working, as the pair is reportedly planning to live together. "Sienna has instructed estate agents Foxtons to put her London house on the market and has decid-

ed to move in with Jude," a source tells the Daily Mail.

"They are back on track, and living together is the

next step. They had an amazing holiday at Christmas and made a decision to commit to one another."

The two have lived out a rocky relationship over the past couples years being linked to one another often.

METRO WORLD NEWS



Woods' wife allegedly visits him at sex clinic

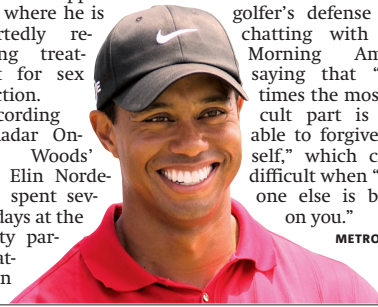
ONE WOULD THINK KEEPING A SUPERMODEL FIT WOULD BE A BETTER FIT FOR A SEX ADDICT Tiger Woods had a special visitor recently at the Mississippi retreat where he is reportedly receiving treatment for sex addiction.

According to Radar Online, Woods' wife, Elin Nordegren, spent several days at the facility participating in

his treatment before returning home to Florida. "The marriage is not over. They both want to save it," a source tells the website.

Mel Gibson came to the golfer's defense while chatting with Good Morning America, saying that "sometimes the most difficult part is being able to forgive yourself," which can be difficult when "everyone else is beating on you."

METRO WORLD NEWS



Carey picky with her food

SHE'S ALSO PICKY WITH HER MEN AND HER SERVANTS AND HER CLOTHES AND... Mariah Carey refuses to mix her proteins and carbohydrates, femalefirst.co.uk reports.

The singer admits she has to watch her diet and is careful to balance

out her food groups, as well as undertaking regular exercise.

She said: "If I have rice, I can't have meat at the same time. I also do water aerobics, swimming and Pilates."

Carey also says she has accepted her curvy body as she will never be a size zero. **METRO NEWS SERVICES**



Pair keep low profile at Sundance

WHEN WERE THEY HIGH PROFILE THOUGH? Bradley Cooper and Renée Zellweger —

along with Cooper's actor pal Danny McBride — made a surprise appearance in the snow at the Sundance Film Festival this weekend to support Cooper's pals Jonah Hill and his Hangover costar Justin Bartha, who both have movies showing at the fest. Cooper, 35, and Zellweger, 40, arrived separately, and the couple has kept a relatively low pro-

file since getting into town. Cooper flew solo Sunday and started off his morning with a quick trip to the US-ANA/Kari Feinstein Style Lounge.

Saturday night also saw Cooper by himself hitting

pal Hill's Cyrus premiere at the Eccles Theatre. The casual twosome laughed throughout the night, and Hill, 26, thanked Cooper for coming.

Bartha's movie at Sundance is Holy Rollers.

METRO WORLD NEWS



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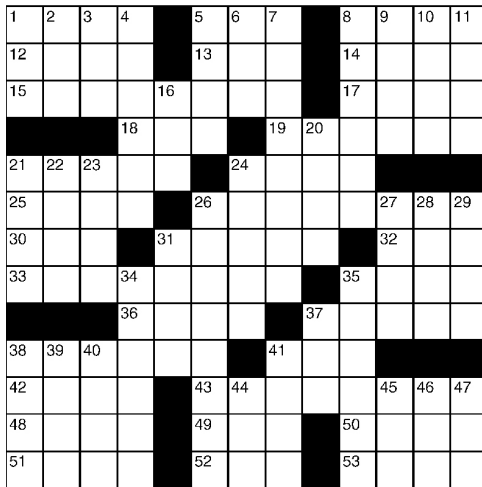
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Take Five



ACROSS

- 1 Snowbank creator
- 5 Blond shade
- 8 Recedes
- 12 Helper
- 13 Extinct bird
- 14 — contendere
- 15 Cleared out, as by hoeing
- 17 Let fall
- 18 Pester for payment
- 19 Turn white
- 21 Let off the hook?
- 24 Authentic
- 25 — "Wind in the Willows" character
- 26 Like some grapes
- 30 Pismire
- 31 Dazzles
- 32 Luau offering
- 33 Unthink-ing
- 35 Sturdy fabric
- 36 Mature
- 37 Retains
- 38 Shoddily made
- 41 Torched
- 42 Bread unit

- 43 Unnecessary
- 48 Vote off the island
- 49 — Jima
- 50 Vicinity
- 51 Quarry
- 52 Coffee break hour
- 53 Black plus white

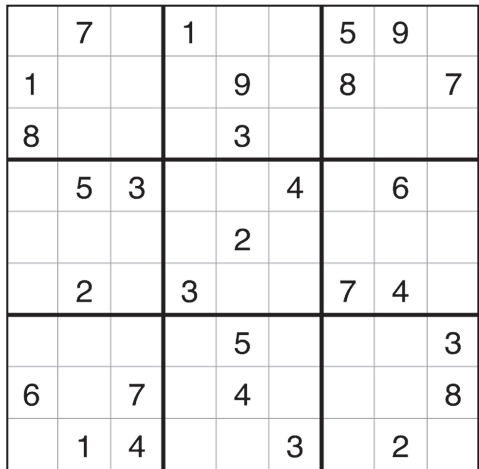
DOWN

- 1 Dog's foot
- 2 Recline
- 3 Praise in verse
- 4 Joined as one
- 5 "So be it"
- 6 "Mayday!"
- 7 They're washed-up
- 8 Ultimate goal
- 9 — Free
- 10 United nations
- 11 Frosh who graduated
- 16 Drag along
- 20 Young fellows
- 21 Hexagonal state
- 22 Zilch
- 23 — de foie gras
- 24 Don't just toss

Sudoku

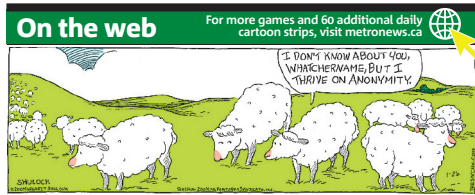
For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

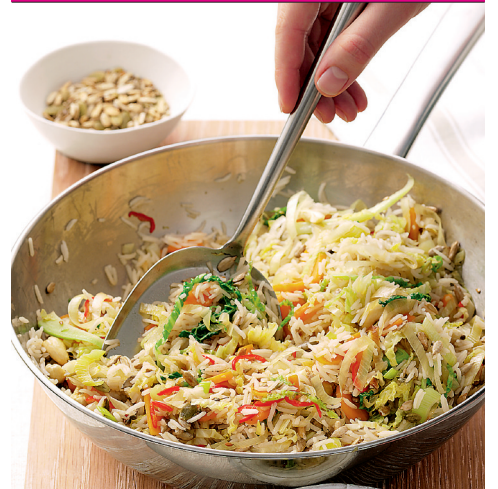


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

FIB	SOLAR	JUS	3	9	1	8	6	4	5	2	7
RNA	CRETE	UTE	4	7	6	9	5	2	3	1	8
ASHT	ABUL	SAX	5	8	2	7	3	1	4	6	9
ALT	APATHY		8	6	4	3	7	9	2	5	1
MOPPET	SERA		1	3	5	6	2	8	7	9	4
OHIO	DAM	DEBTS	7	2	9	4	1	5	8	3	6
SIRS	LAB	SOAK	6	4	3	2	9	7	1	8	5
TOTEM	GEL	UPI	2	1	7	5	8	6	9	4	3
AVES	RESTED		9	5	8	1	4	3	6	7	2
UNBENT	AGO										
SIL	SANTABABY										
ENE	CRUET	TEE									
RES	HESSE	MEW									



Metro Recipe of the Day



Glorious Vegetable and Cashew Stir Fry

INGREDIENTS:

- 1 1/3 cups (325 mL) basmati rice, rinsed
- 2 tbsp (25 mL) soy sauce
- 1 tbsp (15 mL) dry sherry
- 2 tsp (10 mL) toasted sesame oil
- 2 tbsp (25 mL) canola oil
- 7 1/2 oz (220 g) carrots, peeled, halved lengthwise and thinly sliced
- 2/3 lb (300 g) leeks, thinly sliced
- 5 oz (150 g) Savoy cabbage, thinly sliced
- 1 large garlic clove, crushed
- 1 large fresh red chili pepper, seeded and sliced
- 4 tbsp (60 mL) cashews
- 4 tbsp (60 mL) mixed toast seeds

METHOD:

1. Add rice to pot of

boiling water and boil 10 minutes or until grains are tender. Drain. Meanwhile, mix soy sauce, sherry and sesame oil in small bowl and set aside.

2. While rice is cooking, heat wok with canola oil and stir-fry carrots and leeks 2-3 minutes or until softened. Add cabbage, garlic and chili pepper, and stir-fry 2-3 minutes. Stir in soy sauce mixture and cashews. Season to taste.

3. Mix hot rice into wok or pan. Sprinkle with seeds and fork through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You will have to hold a friend's hand and walk them through a situation they do not feel comfortable with.



TAURUS
APRIL 21-MAY 21
Keep your thoughts to yourself today, especially if you have to deal with people whose friendship you are not entirely sure of.



LIBRA
SEPT 23-OCT 23
Try not to get annoyed with people whose assistance you may need in the very near future. You need allies, not enemies.



SCORPIO
OCT 24-NOV 22
With Mars, planet of aggression, moving through the career area of your chart at the moment you will find it easy to defend your interests.



GEMINI
MAY 22-JUNE 21
Others will heap all sorts of extra duties and responsibilities on your shoulders if you let them. So don't let them.



SAGITTARIUS
NOV 23-DEC 21
Some people will go out of their way to gain an advantage at your expense today, but only if they think you have let down your guard.



CANCER
JUNE 22-JULY 22
You may not know why you have reached a certain conclusion but if your inner voice tells you it is right you must not ignore it.



CAPRICORN
DEC 22-JAN 20
Someone is angry with you today, and you honestly don't have the faintest idea why. Don't make matters worse by getting angry too.



LEO
JULY 23-AUG 23
If someone lets you down over the next 24 hours your best course of action by far is to forgive them. This is no time to hold grudges.



AQUARIUS
JAN 21-FEB 18
Someone is counting on you to ride to their rescue and, of course, you will do what you can to help them. But who will rescue you?



VIRGO
AUG 24-SEPT 22
You may have a dozen or more things on the go right now but you thrive when the pressure is on. Know when, and how, to say No.



PISCES
FEB 19-MARCH 20
Don't waste a lot of time and energy today trying to explain to people why you are taking a certain course of action — just get on with it.



**1 TRIP
2 TRIP
3 TRIP
4 TRIP
5 TRIP
FREE**

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This day in history

1808 — Rum Rebellion, the only successful (albeit short-lived) armed takeover of the government in Australia.

1861 — American Civil War: The state of Louisiana secedes from the Union.

1924 — St. Petersburg is renamed Leningrad

1942 — World War Two: The first United States forces arrive in Europe landing in Northern Ireland.

1992 — Boris Yeltsin announces that Russia will stop targeting United States cities with nuclear weapons.

2001 — An earthquake hits Gujarat, India, causing more than 20,000 deaths.

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*Taxes & other fees (including service charges): \$127

JAMAICA

Iberostar Rose
Hall Beach • 4 1/2 ★
All-Inclusive
Standard garden view rm.
Mar. 8 & 22 • 1 wk.

\$1599

*Taxes & other fees (including service charges): \$265

CUBA

Holguin
Play Costa Verde • 4 ★
All-Inclusive • Standard rm.
Mar. 6 • 1 wk.

\$949

*Taxes & other fees (including service charges): \$213

Varadero

Sirenis La Salina
Varadero • 4 ★
All-Inclusive • Standard rm.
Mar. 5 & 19 • 1 wk.

\$1139

*Taxes & other fees (including service charges): \$213

DOMINICAN REPUBLIC

Punta Cana
Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
Mar. 6 • 1 wk.

\$1089

*Taxes & other fees (including service charges): \$297

Grand Paradise Bavaro Beach
Resort and Spa • 4 ★
All-Inclusive
Superior garden view rm.
Mar. 6 • 1 wk.

\$1269

*Taxes & other fees (including service charges): \$297

DEAL on CRUISES

Celebrity Cruises¹
Celebrity SummitSM
Southern Caribbean Cruise
Flights to San Juan
Oceanview stateroom, cat. 7
Apr. 3 • 1 wk.

\$1359

*Taxes & other fees (including service charges): \$283

Carnival Cruise Line²
Carnival Victory
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview, cat. 6B
Mar. 28 • 1 wk.

\$1579

*Taxes & other fees (including service charges): \$281



This Valentine's, love is in the air

London
Hotel Ibis London
Earls Court • 3 ★
Breakfast • Standard rm.
Mar. 4 • 3 nts.

\$599

*Taxes & other fees (including service charges): \$397

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to London & Paris³

Book between Jan. 22 and Feb. 15, 2010 for travel from Jan. 22 and completed by Mar. 31, 2010.

SUPERCLUBS RESORTS

NASSAU | Bahamas via Toronto
Breezes Resort, Bahamas • 3 ★
Super-Inclusive
Deluxe garden view rm.
Apr. 10-14, 17-20 & 24-28 • 3 nts.

\$1029

*Taxes & other fees (including service charges): \$99

JAMAICA
Breezes Resort, Spa & Golf Club,
Runaway Bay • 4 ★
Super-Inclusive
Deluxe rm.
Mar. 8 & 22 • 1 wk.

\$1599

*Taxes & other fees (including service charges): \$265

Breezes Resort, Spa & Golf Club, Runaway Bay



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Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Jan. 26 & 30, 2010, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. *Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. **Celebrity Cruises ships' registry: The Bahamas and Ecuador. *Carnival Cruise Lines ships' registry: The Bahamas and Panama. *Air & Hotel packages of three nights or more to London and Paris only. *Aeroplan is a registered trademark of Aeroplan Canada Inc. *Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.